

## **Week 2 links**

<http://www.mealsmatter.org> Meals Matter Tools

<http://www.mealsmatter.org/EatingForHealth/Topics/Healthy-Living-Articles/Portion-Sizes.aspx> Meals Matter Portion Guide

<http://eatthis.menshealth.com> Eat This Not That compares many food options

<http://www.nutritiondata.com/tools/compare/welcome?returnto=/tools/compare>  
Nutritional and Comparison Information

**Take the Portion Distortion Quiz at this link:**

<http://hp2010.nhlbihin.net/portion>